

ACS at a glance

The volunteer fiscal year is coming to a close and the installation volunteer coordinator wants to make sure all volunteers in the Baumholder military community are thanked for their contributions. Check with your agency or unit's volunteer coordinator to make sure that your 222nd Base Support Battalion volunteer registration form is on file and that your hours have been recorded correctly. Contact the installation volunteer coordinator at mil 485-8188 or civ (06783) 6-8188 for more information.

Family Subsistence Supplemental Allowance is available to qualifying soldiers to supplement their income. Eligibility is based on household size and income. For information call a FSSA financial readiness specialist at mil 485-8188 or visit their website at <https://www.dmdc.osd.mil/fssa>.

Looking for something to do? The Baumholder community offers many opportunities to volunteer with support service agencies. Call Tracy Grice, installation volunteer coordinator, for a complete listing at mil 485-8188.

Army Community Service's Outreach Program holds a Story Hour every second and fourth Thursday of the month. Call them for details and times. The International Spouses Club meets in the ACS lounge from 10 a.m. to noon the first and third Tuesday of each month.

The ACS Foster Care Program is always looking for foster care families. The program is designed to provide needy children with a temporary home where they can find love, happiness and protection. Foster parents are familiar with the stresses of raising a family and are ready to help out in a crisis, willing to extend the love they share with others. Call the foster care coordinator at mil 485-8188 or civ (06783) 6-8188 for information.

BaumholderNOW, Newcomers Orientation and Welcome, helps

orient spouses new to Baumholder to the local community and to military life. The three-day orientation welcomes and informs spouses of military members and civilian employees to Baumholder by providing relevant information and developing necessary skills for living in this unique environment. Spouses will learn about Germany and the local community through briefings on customs and a German language survival and cultural adaptation class. Spouses, whether new to the military or not, can attend an introductory class on the Army lifestyle.

Field trips on the economy provide spouses with practical skills in using German public transportation and local shopping. Free transportation and child care is available for all registered participants. Registration must be made in advance with ACS. Stop by Building 8746 or call mil 485-8188 or civ (06783) 6-8188.

Glaucoma Awareness Month

The next Healthy Days session from 11 a.m. to 1 p.m. Jan. 25 in the post exchange lobby will be offering free glaucoma screenings.

Glaucoma is an eye disease in which the internal pressure in your eyes increases enough to damage the nerve fibers in your optic nerve and cause vision loss. The increase in pressure happens when the passages that normally allow fluid in your eyes to drain becomes clogged or blocked. The reasons that the passages become blocked are not known.

Glaucoma is one of the leading causes of blindness in the U.S. It most often occurs in people over age 40. People with a family history of glaucoma, African Americans,

ACS calendar

Jan. 22 Anger Management
Jan. 23 Positive Self-Esteem, Financial Planning for Couples
Jan. 24 Blended Families
Jan. 28 Assertiveness Training
Jan. 29 Stress Management
Jan. 30 How to Read Your LES Conflict Resolution
Jan. 31 Love and Logic

and those who are very nearsighted or diabetic are at a higher risk of developing the disease.

The most common type of glaucoma develops gradually and painlessly, without symptoms. A rarer type occurs rapidly and its symptoms may include blurred vision, loss of side vision, seeing colored rings around lights and pain or redness in the eyes.

Glaucoma cannot be prevented, but if diagnosed and treated early, it can be controlled. Vision lost to glaucoma cannot be restored. That is why the American Optometric Association recommends annual eye examinations for people at risk for glaucoma (your doctor may, depending on your condition, rec-

ommend more frequent examinations).

A comprehensive optometric examination will include a tonometry test to measure the pressure in your eyes; an examination of the inside of your eyes and optic nerves; and a visual field test to check for changes in central and side vision.

The treatment for glaucoma includes prescription eye drops and medicines to lower the pressure in your eyes.

In some cases, laser treatment or surgery may be effective in reducing pressure.

(Information courtesy of the American Optometric Association's web site: www.aoa.org)

ACAP services

Army Career and Alumni Program office hours are from 7:30 a.m. to 4:30 p.m. Soldiers scheduled to leave the military can get information about their options at ACAP with pre-separation briefings, job assistance workshops and job assistance counseling. ACAP helps soldiers review options and assess how skills developed in the Army can be transferred to civilian life. For details and appointments call mil 485-6741/6330 or civ (06783) 6-6741/6330.

Soldiers are required to complete a mandatory pre-separation briefing (DD2648) at ACAP no later than 90 days before their separation date. Appointments are available every day at 9 a.m. and take about an hour and a half.

ACAP offers formal, day long workshops every other Wednesday. The next session is Jan. 23 beginning at 8:30 a.m. and ending at 4:30 p.m.

Job assistance can be accessed through ACAP's computer system. It covers such topics as how to create a resume, find jobs, network and interview. Separating soldiers and spouses can cover topics by computer at their own pace. Schedule an appointment or drop by any afternoon to work with the tools.

Family members of ETSing soldiers are eligible for ACAP services. Orders are not needed, and the sponsor does not have to be present for

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Post notes



Photo by Bernd "Bernie" Mai

A star is born

Brig. Gen. Leo Brooks receives his first star from his wife Elyn and Maj. Gen. Ricardo S. Sanches, 1st Armored Division commander. Brooks is Baumholder's senior tactical commander and assistant division commander, 1st Armored Division. Brooks received his star on Jan. 2 just prior to the annual commander's New Year's reception.

Quality of life issues are focus for AFAP

Baumholder's annual Army Family Action Plan Conference is Feb. 6 from 8 a.m. to 5 p.m. at the Rheinlander. Every year the Army Family Action Plan staff organizes this conference that gives Army leadership an idea of issues or concerns from the military community including soldiers, family members, retirees and civilians. Community members have an opportunity voice their concerns through Feb 6. At that time all concerns will be discussed at the conference.

Selected delegates will represent the community and vote on issues that will be presented to command officials. Issues discussed can be anything from increased housing allowances to storage of personal vehicles at government expense.

The Army Family Action Plan Volunteer Advisory Board is making an open call for issues. Any quality of life concerns can be submitted as possible issues for this year's conference. Direct all issues to the AFAP Issues Committee point of contact, April Barnett, at april.barnett@104asg.mwr.army.mil or mil 485-8188. Issue Call boxes are

available at the front desk at ACS and at the Red Cross offices. Issue sheets are also available at these locations.

An AFAP issue is a quality of life concern that requires a policy or program change. Each year, issues brought up through the local conference are forwarded to the 104th Area Support Group level where the issues are prioritized and discussed and then if necessary, sent to the USAEUR level. This March, a Department of the Army conference will be held to discuss issues sent up from the past two years. While all concerns may not mature into AFAP issues, all are addressed and discussed at the local level.

Once a suggestion or concern is brought to the AFAP Issues Committee, the Committee researches the problem to determine if the issue is viable. A viable issue is one that has not been brought to the Department of the Army conference in the past three years and one that has broad impact. Individual complaints are not viable AFAP issues and should be dealt with at the 222nd Base Support Battalion level.



Photo by Bernd "Bernie" Mai

Ring in the new year

Guests of the Baumholder military community enjoy conversation and refreshments in the Rheinlander ballroom during the annual commander's New Year's reception. German and American guests are traditionally invited to meet with one another and celebrate the new year. The New Year's reception is the first of several events throughout the year where German and American guests come together to help form a strong community bond.

Post notes continued

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the spouse to attend ACAP classes or counseling. Spouses of deployed soldiers can also get ACAP assistance in Baumholder.

ACAP's job assistance workshops and professional counselors offer advice during the career transition process. Counselors help clients think through issues such as a civilian budget, searching the job market, writing a resume and preparing for job interviews. For details and appointments call mil 485-6741/6330 or civ (06783) 6-6741/6330.

VA briefings

Soldiers contemplating retirement and retired veterans living in the community are encouraged to attend a Veterans Affairs briefing. The next VA briefing has been tentatively scheduled for February. Call the VA office in the United States at 800-827-1000—not a toll-free call from Germany—or contact them at their website, www.va.gov.

Ed Center notes

The University of Oklahoma field representative will visit the Baumholder Army Education Center Feb. 6 from 11 a.m. to 3 p.m. to

discuss graduate degree programs. Call mil 480-6807 for information and to make appointments.

The Education Center has limited DANTES and military testing sessions available. Call mil 485-6487 to schedule testing. Walk-in testing is presently not available. For information call Bill Badger at mil 485-6487.

A special college course, Understanding and Guiding the Young Child's Behavior, is being offered by the University of Maryland at Baumholder. Call mil 485-6178 for information.

The next Automotive Service Exams (ASE's) will be offered in May. Tests must be ordered from the Army Education Center before Feb. 20.

All around fun

The Baumholder Rod and Gun Club is an all around fun place to be. Enjoy breakfast, lunch, and dinner and home delivery, too. Get your friends together for good music and good times. Friday nights are country and western disco nights and disco dance is offered on Saturdays.

Check out their game room, pro shop and skeet and trap ranges.

Call mil 485-6202 for details.

Retiree forum

The quarterly retiree forum is scheduled for 6:30 p.m. Feb. 5 at the Stern Hotel in Baumholder. There will be a dinner and spouses are welcome. A guest speaker from the Baumholder Legal Center will discuss legal retiree issues. For more information call Bill Kalavsky at mil 485-6150.

Soccer clinic

The Kaiserslautern Officials Association is sponsoring a Soccer Referee's Clinic Feb. 9-10 from 9 a.m. to 5:30 p.m. in Building 2203 on Ramstein Air Base. Coaches are welcome! For further information contact Ron Harnage at 480-8190 or 0631-54926.

Holiday shopping

The Baumholder, Strassburg and Neubrück Commissaries will be open Feb. 18 (President's Day). Hours are as follows: Baumholder 7:30 – 10 a.m. for early bird shopping and 10 a.m. to 4 p.m. for normal shopping, Strassburg 11: a.m. to 4 p.m., and Neubrück 11 a.m. to 4 p.m.

For more information call mil 485-7184/6666.

Scouts promoted

Boy Scout Troop 96 of Baumholder recently held a Court of Honor and promoted several scouts.

Andrew Oppliger, Stefan Page and Ian Reeves were promoted to Star Scout.

Bryant Cox was promoted to First Class Scout and Johnathan Kwacericna was promoted to Second Class Scout. Promoted to Tenderfoot was Terrance Newall.

Private parties

Have your next get-together at the Rolling Hills Windmill Pub in Baumholder. They're now booking private parties for up to 50 people. Call mil 485-7299 and let the Windmill Pub do all the work for you while

you have a good time.

Chinese Goju

Learn Chinese Goju Karate with one of the world's best-known Master Instructors, Thomas Felder, sixth degree black belt. Adult classes start in February at the Iron Works, Tuesdays from 6:30 – 8 p.m. and Thursdays from 5 – 6:30 p.m. Youth classes are also available. Call mil 485-6156 to find out more.

Dinner for two

Enjoy a romantic valentine dinner for two at the Rod and Gun Club. Get two sirloin steak dinners for the price of one, to include a choice of potato, vegetable and Cupid's Delight dessert for only \$12.95. The Rod and Gun Club is open from 5 to 10 p.m.

Keep your heart healthy - with chocolate?

By Kay Blakley
Consumer Advocate

It's the time of year for taking things to heart in many different ways. Not only is Valentine's Day just around the corner, the entire month of February (Healthy Heart Month) is dedicated to making us all aware of ways to keep our tickers happily humming along. Now, isn't that always the way it goes? Just when you've psyched yourself up for an all out chocolate chow-down, somebody reminds you that bean sprouts might be a better choice. Possibly. However, those age old advisories — "a time and place for everything," and "all things in moderation" haven't failed me yet. So, let's talk about the good stuff first.

Valentine's Day just wouldn't be complete without all the sweet treats, including to-die-for chocolates that are such a traditional part of this annual celebration. Commissary holiday buyers have taken care to supply all those delectable items. Look for your commissary to have plenty of chocolate and marshmallow hearts and candies ranging from mints and nougats to lollipops and gummi treats. We even have candy long stem roses and romantically scented candles for setting the mood just right.

I even have a recipe that will help in the mood-setting department. What says "I love you" in a more romantic way than a sweet fresh strawberry hand dipped in chocolate? So sophisticated, so delicious, and oh-so-expensive when purchased from a confectionery shop or ordered through the mail. Our produce suppliers have promised to have fresh strawberries at promotional price just in time for Valentine's Day. So, give this simple recipe a try. It's so easy, even my 11 year old daughter has great success with it. If you'd like to leave the impression that your efforts were a tremendous labor of love though, don't worry, your secret's safe with me!



Chocolate covered strawberries, a Valentine's Day alternative.

Contributed photo

Chocolate covered strawberries

1 cup semi-sweet chocolate chips

1 tablespoon shortening (do not use butter, margarine, spread or oil)*

Fresh strawberries with stems, rinsed and patted dry

● Cover a tray or cookie sheet with waxed paper

● Place chocolate chips and shortening in microwave-safe bowl. Microwave on HIGH 1-2 minutes until chips are melted and mixture is smooth when stirred; cool slightly

● Holding strawberry by stem, dip 2/3 of each berry into chocolate mixture; shake gently to remove excess. Place gently on prepared tray.

● Refrigerate until coating is firm (about 30 minutes). Store, covered, in refrigerator. Coats about two dozen medium to large berries.

*Butter, margarine and spreads contain water which may prevent chocolate from

melting properly; oil may prevent chocolate from forming a coating.

Alright, now for the healthy heart portion. Even though I poked a bit of fun at the subject earlier in the column, this really is serious stuff and is worthy of your complete attention. A person's overall eating plan can have a tremendous impact on preventing or controlling their risk of heart disease. Unless your current dietary habits are truly awful, healthy eating should not be viewed as depriving yourself of all the foods you truly love. All things in moderation is good advice. A few sweet treats or a couple of chocolate covered strawberries at Valentine's Day are perfectly allowable (in most circumstances). Healthy eating really boils down to making informed food choices, and can be as simple as following these tips from the American Dietetic Association.

● Eat a diet low in fat. Your daily fat intake should account for no more than 30 percent

of your total daily calories, and saturated fat should be limited to less than 10 percent of your total daily calories.

● Eat a low-cholesterol diet. There's no need to eliminate foods such as milk, cheese, poultry, fish and meat from your diet. Even though they contain cholesterol, they supply plenty of essential nutrients a healthy body needs. Choosing lean cuts of meat, and skinless poultry is advisable, as is switching from full-fat dairy products, such as whole milk, to nonfat or low-fat ones such as skim milk and low-fat cheese. Keep in mind, however, that whole milk is recommended for children under the age of two. Follow your pediatrician's advice for older children. Adults should limit cholesterol intake to less than 300 milligrams a day.

● Choose a low sodium diet. Normal healthy adults are advised to consume no more than 2,400 milligrams of sodium daily.

● Eat more fiber, fruits and vegetables. Fiber rich foods such as oatmeal, rice, and beans may help lower blood cholesterol levels, while fruits and vegetables provide essential vitamins such as A and C in addition to fiber. Those fruits and vegetables containing lots of potassium (oranges, bananas, okra, potatoes and tomatoes) are believed to play a role in controlling blood pressure.

● Read food labels. This is actually a Kay Blakley tip. It is not on the American Dietetic Association list, but stands to reason — you have to read and understand a packaged product's nutrition label in order to follow all the other guidelines. Watch for a new pamphlet on reading nutrition labels coming soon to your commissary's consumer corner.

To learn more about eating a heart healthy diet visit the American Dietetic Association web site at www.eatright.org.

Well, that about wraps it up. Happy Valentine's Day, good luck with your eating plan. See you at the commissary!

Questions are the best ways to get your answers

By Elisabeth Kadlec, R.D. and
April L. Parsells, R.D.
WIC Overseas

Work at the WIC Overseas office involves answering many different nutrition questions. We thought that if one person is asking the question, than perhaps there are several people out there wondering the same thing. As a result, we thought we would share our answers to some of the most frequently asked questions.

Vitamins, do I need a supplement?

Our body needs a certain amount of vitamins and minerals every day. All of the vitamins and minerals our body needs can be found in foods. To obtain the necessary amounts of vitamins and minerals one needs each day you should eat according to the food guide pyramid. The pyramid recommends that you eat six to 11 servings from the grain group, three to four servings of the vegetable group, two to four servings from

the fruit group, two to three servings from the dairy group, two to three servings from the meat group and use fats and sweets sparingly. If you do not eat according to the food guide pyramid, a multivitamin may be recommended. Some other reasons for needing a multivitamin are that you are on a very low calorie diet, you are elderly and do not eat as much, you are a strict vegetarian, you can not consume dairy products, or you are a woman of childbearing age who does not eat enough fruits, vegetables and beans. In some instances people may only be lacking foods from one group, for example the dairy group (milk, yogurt, and cheese). In these cases, only a calcium supplement may be necessary. Of course in any situation, it is always better to receive your vitamins and minerals from foods. Oral vitamins are not absorbed as well as the vitamins and minerals from actual foods, and you may be missing out on important antioxidant nutrients and phytochemicals

that are not present in most supplements. Remember, you should always consult your doctor before taking any type of supplement. For more information on supplements visit the American Dietetic Association web page www.eatright.org

Why are peppers good for you?

To start, there are many colors of peppers, green, yellow, red and orange. All peppers are high in Vitamin C. Vitamin C helps maintain the immune system, aids in wound healing and helps to form bones, teeth and healthy skin. We need a source of Vitamin C every day. For the best nutritional bang for your buck we recommend the red, yellow and orange variety as they also contain Vitamin A. Vitamin A helps build skin and keeps it and other tissues healthy. In addition, Vitamin A also aids in bone development and is necessary for good vision, especially night vision. We should have a source of Vitamin A every other day. Other sources of Vitamin A in-

clude apricots, asparagus, cantaloupe, broccoli, carrots, mangoes, and pumpkin. For a complete list of high Vitamin A and C containing foods contact the WICO office.

How much caffeine is too much?

For most adults 200-300 mg a day, which is equivalent to two to three cups of coffee, poses no physical problems. However we advise that pregnant women should use caffeine in extreme moderation (one to two servings a day) or completely abstain from it. Some women develop sensitivity to caffeine during pregnancy. Caffeine causes the body to flush fluids; this makes it very difficult for women to meet the fluid requirements needed for a healthy pregnancy. Other popular caffeinated drinks include: soda (12oz. = 35-45 mg), instant tea (6oz. = 35mg) and hot chocolate (6oz. = 5mg). For more information on caffeine and its use visit the above website or call the Baumholder WICO office at mil 485-8208.

Youth tutors also serve as mentors

By Tammy Walls

Fifth grade teacher and Tutorial Program Coordinator, Wetzel Elementary School

In honor of National Mentoring Month, Wetzel Elementary School is highlighting its tutoring program. Wetzel Elementary School's tutoring program currently services about 15 children from first through sixth grade.

Research has shown that introducing a mentor or tutor into a young person's life can play a powerful role in preventing drug abuse and youth violence, while greatly enhancing a young person's prospects for leading a fulfilling and productive life.

The tutors are high school students and Wetzel Elementary fifth graders. Tammy Hollenbeck, a Baumholder American High School counselor and tutor program co-coordinator, selected responsible high school students who were earning good grades to serve as tutors.

Mature fifth grade students who displayed potential to be good role models were selected to tutor the younger students.

Each tutor assists one to two students. The tutors work with the students twice a week for about an hour-and-a-half per week. Being a tutor is like being an older brother or sister.

The tutors help students with everything from mathematics to reading and in the process, they often form an impressionable bond with each other.

The young students really look up to their tutors. It's a win-win situation for all.



Contributed photo

Fifth grade student Joseph Irby, from Wetzel Elementary School, tutors first grader Nicholas Schmidt, also from Wetzel Elementary School. Tutors also serve as role models for the younger children.

Resolve to stay healthy

Start today, create a lifetime of healthy habits

Whether you need to lose, gain or maintain your weight, make health, not appearance, your first priority in the new year. Why not resolve to make a healthy lifestyle for a lifetime?

The key to managing weight is a positive attitude and the right kind of motivation. Losing weight just to fit into a bathing suit for a trip to the French Riviera or to look good for a school reunion means your commitment and efforts will fizzle out over time.

WICO and the American Dietetic Association suggest focusing on internal rewards such as better health, increased energy, self-esteem and a feeling of control. To get there keep the focus on your current weight or lifestyle, not where you want to be five months from now.

The thought of losing five pounds at a time is not as intimidating as losing 25 pounds.

Food pyramid

Eating well for good health can be easier when you follow the Food Guide Pyramid. Get a copy from the

WICO office or on the web at www.eatright.org — search for Food Guide Pyramid.

To tip the energy balance in one direction or another or to keep it level, simply adjust your food choices and number of servings within each of the five major food groups. The Food Guide Pyramid conveys three main messages about healthful eating: variety, balance and moderation.

- For variety eat different foods from the pyramid's five food groups. No single food supplies all the nutrients the body needs. Eating a variety of foods, both within each food group and among the five food groups, ensures that you meet your nutritional requirements.

- For the right balance, eat appropriate amounts from each food group every day. A balanced diet supplies the nutrients and calories the body needs.

- For moderation choose foods and beverages to meet your energy needs and to control calories, total fat, cholesterol, sodium, sugars and alcoholic beverages. A moderate

diet helps you maintain a healthy weight and may help protect you from health problems such as heart disease and cancer later in life.

Get physical

In addition to eating healthfully, regular physical activity is key to maintaining a healthy weight. You don't need to be an exercise fanatic engaged in strenuous daily workouts to get the benefits.

An aerobics class at the gym or 30 minutes on the treadmill may not be right for you — that's OK. Any physical activity you enjoy can do the job. If you make exercise enjoyable you're more likely to stick with it.

For significant health benefits aim toward 30 minutes or more of moderate activity on most, if not all, days of the week. Smaller increments are also OK. They just need to add up to at least 30 minutes. If you haven't been physically active for a while, build up gradually.

Remember, any increase in your physical activity can make a difference. You don't need an all-or-nothing mentality.

Ready to start a weight control regime? What's your plan? To make sure the program is safe and effective, ask yourself a few questions before you begin:

- Does the plan include a variety of foods from all five major groups in the Food Guide Pyramid?

- Does the plan include appealing foods you will enjoy eating for the rest of your life, not just a few weeks or months?

- Are the foods available at the commissary where you usually shop?

- Does the plan allow you to eat your favorite foods?

- Does the plan recommend

changes in your eating habits that also fit your lifestyle and budget?

- Does the plan include an adequate amount of energy from at least the minimum number of servings from the Food Guide Pyramid?

- Does the plan include physical activity?

If you cannot answer "yes" to all these questions, chances are this weight-loss program won't bring long-term success.

Success comes only when you make healthful, permanent changes in eating and physical activity habits.

(Courtesy of the American Dietetic Association)